expression of an overt Consciousness that has
emerged and is self-aware in our physical energy-
substance. The body's functionings are a necessary
machinery or instrumentation for the movements.
of this mental Inhabitant; it is only by setting the
corporeal instrument in motion that the Conscious
Being emerging, evolving in it can transmit its mind
formations, will formations and turn them into a
physical manifestation of itself in Matter. The
capacity, the processes of the instrument must to
a certain extent reshape the mind formations in
their transition from mental shape into physical
expression; its workings are necessary and must
exercise their influence before that expression can
become actual. The bodily instrument may even
in some directions dominate its user; it may too by
a force of habit suggest or create involuntary
reactions of the consciousness inhabiting it before
the working Mind and Will can control or interfere.
All this is possible because the body has a
"subconscient" consciousness of its own which
counts in our total self-expression; even, if we look
at this outer instrumentation only, we can conclude
that body determines mind, but this is only a minor

truth and the major Truth is that mind determines
body. In this view a still deeper Truth becomes
conceivable; a spiritual entity ensouling the
substance that veils it is the original determinant
of both mind and body. On the other side, in the
opposite order of process,—that by which the mind
can transmit its ideas and commands to the body,.